

This leaflet provides useful advice, phone numbers and website links for more information about local services and ways for you to stay independent and healthy. Getting a little help and support when you need it can make a big difference in staying independent, safe and at home.

Living & ageing well

warrington



Helpful Websites

My Life Warrington (mylifewarrington.co.uk) - An on-line directory with key information about local community services and support networks to help you at home and in the community. You will find information about clubs or activities near you that may help you make friends and get out and about. **01925 443131**

Happy OK Sad (happyoksad.org.uk) - Warrington's mental health awareness website. Gives practical information and support services around mental health with pages especially for older people.



Staying Well

Healthy Ageing (Leaflet included) - 11 tips to help you age and stay well in Warrington.

Warrington Wellbeing - provides information and face to face support for adults in Warrington who want to make changes in their lives. Contact them or drop into the Gateway, Sankey Street.

01925 248460 or email warringtonwellbeing@warrington.gov.uk



Needing more help at home?

Care Agencies - Professional carers or personal assistants who visit you at your home to provide care. You can find out about what you may need to pay towards your care by using the care cost calculator on the My Life Warrington website.

Local care agencies are listed in the phone book or search mylifewarrington.co.uk

Warrington Disability Partnership - a local user led charity who can help you with mobility and independent living services that support people living with long term health conditions. **01925 240064**

WHIA - an advisory service for older, disabled or vulnerable people and families on low incomes who own their own homes or live in private rented accommodation and wish to repair, improve or adapt their homes. **01925 246810 or email admin@whia.org.uk**

The Smart Flat - Run by Warrington Disability Partnership, it is a showroom of gadgets and equipment that could help you to be independent and at home for longer.

Book your visit by calling 01925 240064

Carecall - the council's 24 community alarm service which enables residents to maintain freedom of independence in their own home. The service also includes an out of hours Response Service.

01925 458000



Staying Connected

Age UK (ageuk.org.uk) - a national charity set up to provide support and advice specific to older people. They can support with advice about money, housing, wills and trusted tradespeople. **0800 055 6112**

Independent Age (independentage.org) - a national charity set up to provide support and advice to older people who want to remain independent on their own terms.

0800 3196789

The Silver Line - a free confidential helpline providing information, friendship, loneliness and advice to older people, open 24 hours a day, every day of the year. **0800 470 8090**

AccessAble - a national disability organisation providing accessibility guides to take the chance out of going out. Guides are available free at AccessAble.co.uk and on the AccessAble App.



Support for Carers

WIRED Warrington Carers Centre - A local Carers service offering support and advice to carers of all ages. A carer is someone who looks after someone, often a family member affected by illness or disability.

01925 633492 or 0800 7316941



Staying Safe

If you feel that you or someone you care for may be in danger or are concerned about a possible safeguarding issue, contact the councils **First Response Team**.

01925 443322



WARRINGTON
Borough Council